

JANUARY 2017

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs, recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNSELOR. PLEASE CALL THE CENTER AT 508-885-7546

ELDERBUS

In town daily \$1.25 each way

Medical Trips into Worcester

Monday, Wednesday, Friday

\$1.75 each way

48 hour business day notice by calling:

1-800-321-0243



Second Annual Sweetheart Dance

Sponsored by RSSI Home Care

Friday, February 10, 2017

Snow Date: Saturday February 11, 2017

Dinner and Dancing

Bring your Sweetheart

Have a nice dinner followed by dancing.

Tickets Available 1-10-17

Free



MEMBERS OF THE COUNCIL ON AGING

Jim Letendre-Chair

Christine Alessandro-V. Chair

Janet Goff-Member

Sue Arsenault-Member

Mary Williams-Member

Lucinda Puchalski-Alternate

Joan Houston-Member

Sheila Phoenix-Member

Christine Mancini-Member

Martha Brunelle-Member

Rachel Sugalski-Alternate

JANUARY LUNCHES

Jan 3-Turkey/Gravy/yogurt

Jan. 5- Pork/Gravy/Stuffing/ oranges

Jan. 10- Hot Dog/Beans/ Pasta salad/fruit

Jan. 12.-Chicken/Potato/Corn/Fruit

Jan. 17-Beef/Jardinere Sauce/Potato/Carrots/Fruit

Jan. 19- Spaghetti & Meatballs/Beans/Apples

Jan. 24. Mac & Cheese/Beans/Fruit

Jan. 26-Greek Chicken/Rice/Spinach/ Cake

Jan. 31.- Vegetable Cheese Bake/Peas/Strawberries

Requires a 48 hour notice. Suggested donation is \$3

508-885-7546

**The Spencer Senior and Community Center is open
Monday through Thursday, 9:00 AM until 3:00 PM
508-885-7546**

We follow the school closings for inclement weather.

News from SHINE January 2017

Can I still change my Medicare Plan?

The 2016 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2017 The Tufts Medicare Preferred Plan and Blue Cross/Blue Shield HMO Plans have been designated as 5-star Plans by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans or a Blue Cross/Blue Shield HMO Plan at any time between December 8, 2016 and November 30, 2017. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you want to take advantage of any of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing plans.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back.

You can now visit us at our Central Mass Website www.shinema.org for useful information and applications for various programs.

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

THAT WAS THE YEAR.....1977

President and Vice President: Jimmy Carter; Walter Mondale

Headlines: President Carter Grants Pardons For American Draft Dodgers of the Vietnam War Era
President Carter Warns Americans They Need to Make Profound Changes in Their Oil Consumption
Medal of Freedom Presented Posthumously to The Rev. Martin Luther King
The World Trade Center in New York is Completed

Technology: The first Apple Computers went on sale.
NAVSTAR Global Positioning System (GPS) Inaugurated by U S Department of Defense
First commercial flight of the Concord. London to NY
First MRI scanner is tested in Brooklyn
NASA space shuttle makes it's first test flight off the back of a jetliner
Voyager I and Voyager II are launched unmanned to explore the outer solar system

Cost of Food: Bread: 32¢
Milk: \$1.68 Dozen eggs: 82¢

Cost of Living: Average Income: \$15,000 per year Rent: \$240 per month
Car: \$4317 House: Average \$49,300
Gallon of gas: 65¢ per gallon US Postage Stamp: 13¢
Minimum wage: \$2.30 (federal) Life Expectancy: 69.5 for men 77.3 for women

Sports: World Series: NY Yankees d. Los Angeles Dodgers 4-2
Super Bowl: Oakland Raiders d. Minnesota Vikings (32-14)
NBA Championship: Portland Trailblazers d. Philadelphia 76's (4-2)
Stanley Cup: Montreal Canadians d. Boston Bruins (4-0)
Kentucky Derby Winner: Seattle Slew

Deaths: Bing Crosby Elvis Presley Dianna Hyland Ethel Waters Andy Devine
Charlie Chaplin Groucho Marx Roberto Rossellini Sebastian Cabot
Joan Crawford Freddie Prince Maria Callas Peter Finch

SPENCER QUILTS OF VALOR

WILL BE MEETING HERE AT OUR CENTER
THE SECOND TUESDAY OF EVERY MONTH.

12:00PM UNTIL 3:00PM



INTERESTED IN HELPING MAKE QUILTS OR HELPING WITH OTHER LITTLE
DUTIES PLEASE STOP BY.

YOU DO NOT NEED TO KNOW HOW TO SEW TO HELP!

JANUARY 2017

Monday	Tuesday	Wednesday	Thursday
2. CLOSED NEW YEAR HOLIDAY 	3. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	4. 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	5. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
9. 9:30 Cribbage-\$1 9-3 Fuel Assistance (By Appointment)	10. 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 11:30 Lunch 1:00 Bingo	11. 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	12. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
16. CLOSED MLK HOLIDAY 	17. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	18. 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	19. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo
23. 9:30 Cribbage-\$1 9-3 Fuel Assistance (By Appointment)	25. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo	25. 9:30 Computer 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginning Line Dancing	16. 9:30 Yoga 10:30 Exercise 11:00 B/P Clinic 11:30 Lunch 1:00 Bingo
30. 9:30 Cribbage-\$1	31. 9:30 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bingo		